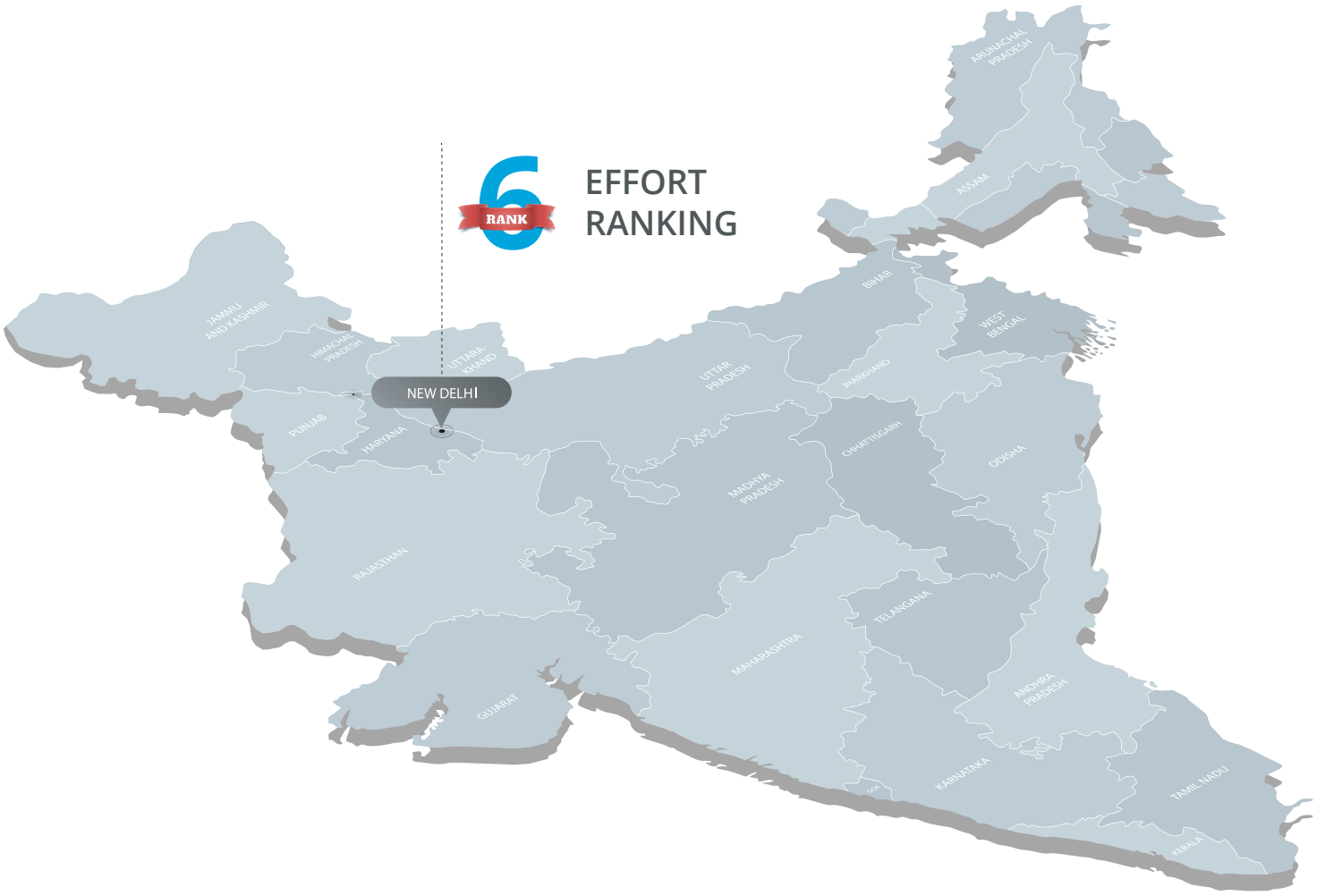
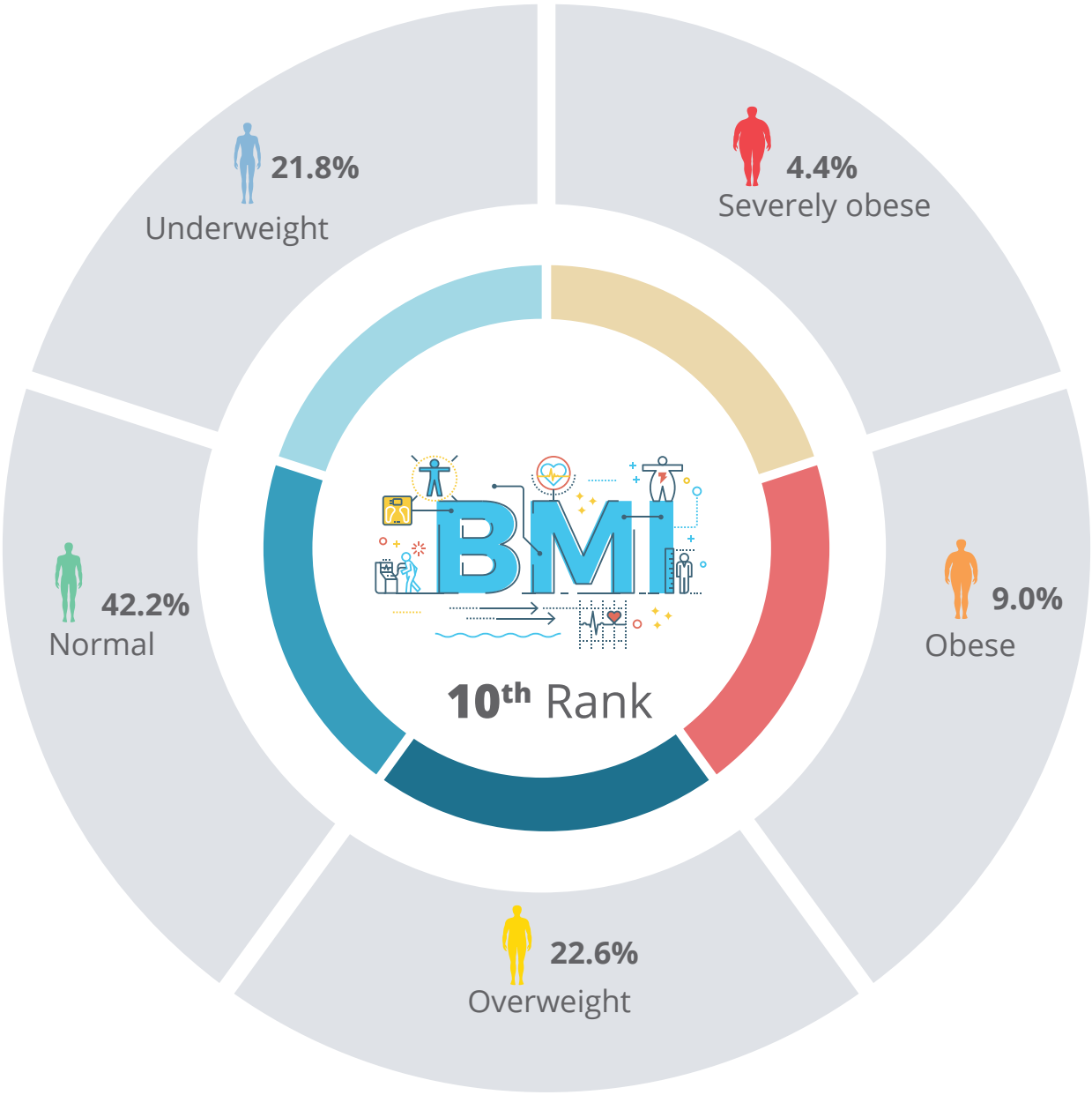
DELHI:
MAKING EFFORTS TO CHANGE OVERALL HEALTH

12 RANK
OVERALL RANKING

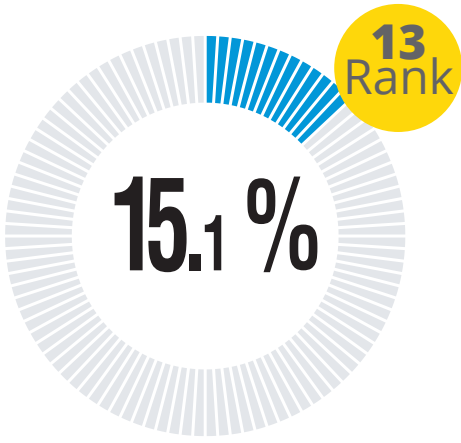


Although Delhi is at the bottom in the overall ranking, it is higher up in the effort ranking as they are making efforts to get healthier. They have a higher average step count and sleep well too. Despite being a large metro they have lesser aches and pains than the rest of the metros. Delhi slips in the ranking due to the higher incidence of lifestyle diseases and allergies. Delhi has a high underweight population as well. All this leads to Delhi is ranked 12th in the race to be the healthiest city in India.

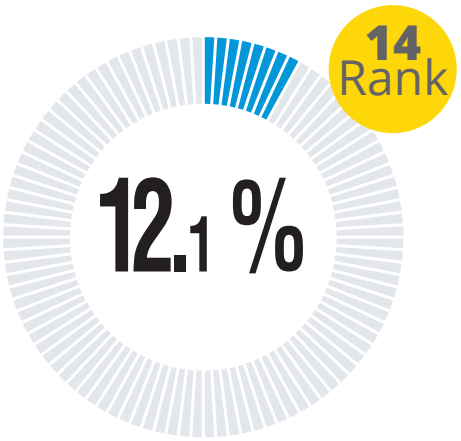


Diabetes

Cholesterol

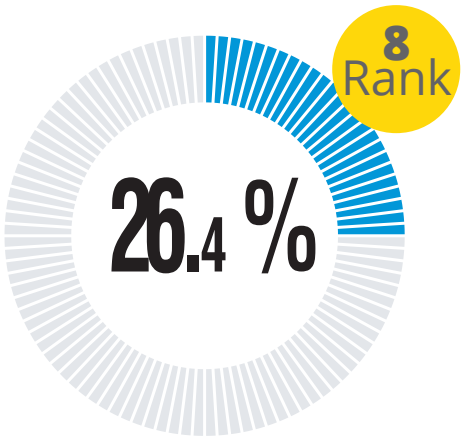


Blood Pressure



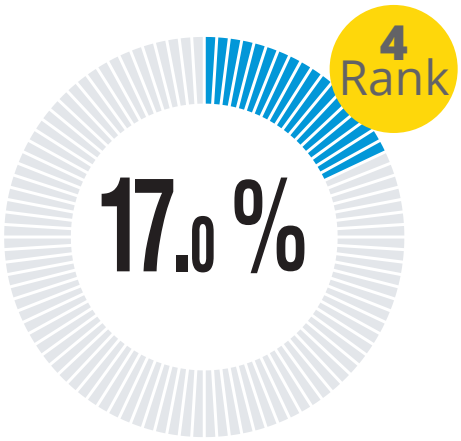
Thyroid

Heart Issues



Acidity/ Indigestion

Allergies



Aches and Pains

% of People Falling Sick More than Twice a year

7366

Average Steps
Rank 5

2.2

Average Water intake (in lts)
Rank 6

2.5

Average Food Logs
Rank 9

7.0

Average Sleep (in hours)
Rank 5

2.8

Stress Management Score
Rank 7

42.6%

Alcohol
Rank 15

19.1%

Smoking
Rank 6

60.4%

HRA Score - % of People in the UnHealthy bracket
Rank 7

GOQii